



Shine
SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM



**Hamilton
Health
Sciences**



Sign Up for a FREE 15 MIN MASSAGE!



ShineHHS.ca

If you like to be pampered, you're in for a treat!
FREE 15 Minute Massages are coming to an HHS
site near you!

Mark Your Calendar!

Mon Jan 14	KW	1:30 PM – 5:00 PM KW (23-009/10)
Mon Jan 21	CritiCall	1:30 PM – 5:30 PM 2 nd Floor
Mon Jan 28	MUMC	1:30 PM – 5:30 PM MUMC 3H41
Wed Feb 4	UCC	1:30 PM – 5:00 PM CPD Conference Room
Mon Feb 11	JHCC	1:30 PM – 5:30 PM Shine Wellness Room (M Wing, Level 1, Room m1-15)
Mon Feb 25	WLMH	1:30 PM – 5:30 PM Conference Room A & B
Mon Feb 25	PHRI	1:30 PM – 5:30 PM Auditorium
Mon Mar 4	HGH	1:30 PM – 5:30 PM Marg Charters
Mon Mar 25	SPH	1:30 PM – 5:30 PM North Conference Room

Mark Your Calendar!

Mon April 1	JHCC	1:30 PM – 5:30 PM Shine Wellness Room (M Wing, Level 1, Room m1-15)
Mon Apr 8	UCC	1:30 PM – 5:00 PM CPD Conference Room
Mon Apr 15	CritiCall	1:30 PM – 5:30 PM 2 nd Floor
Wed Apr 22	KW	1:30 PM – 5:00 PM KW (23-009)
Mon Apr 29	MUMC	1:30 PM – 5:30 PM MUMC 3H41
Mon May 6	JHCC	1:30 PM – 5:30 PM Shine Wellness Room (M Wing, Level 1, Room m1-15)

SIGN UP TODAY
Registration has moved online to www.shinehhs.ca!

*“Massage is therapy for the
mind, body & spirit.”*

EVENT BROUGHT TO YOU BY
Shine Wellness
shinewellness@hhsc.ca
[Ext. 77099](tel:77099)
www.Shinehhs.ca

- 10 HEALTH BENEFITS
OF MASSAGE THERAPY:**
1. Lowers Stress
 2. Relaxes & Unwinds
Sore Muscles
 3. Increases Circulation
 4. Lowers Blood Pressure
 5. Brightens Mood

6. Boosts Immune
Function
7. Fosters Sound Sleep
8. Curbs Headaches
9. Alleviates Back Pain